

# Gazette

GUANTANAMO BAY

Vol. 60 No. 02

Friday, January 10, 2003

## What's Inside

### CNO Discusses Plans for 2003



In CNO Guidance 2003, the CNO says the Navy will focus on winning the war on terrorism; protecting the nation and our forces; and achieving the Navy's Sea Power 21 vision. See page 3.

### Theatre Group Hosts Workshops



The Missoula Children's Theatre is hosting workshops for children and adults. See page 2 for details. The group is also auditioning students in grades K-12 for roles in the upcoming "Wiz of the West" production. For audition information, see page 9.

## Do You See What I See?

*Mt. Rushmore's got nothing on GTMO if you do. There are times when you have to wonder if you see what you see, or if your imagination is just running away with you.*

*On a recent trip to one of our beaches during the mid-morning hours, a certain image filled the viewfinder on the camera while I was taking shots of the surf and cliff faces. Of course, I immediately confirmed what I thought I saw with others on the beach that day so I would know that I wasn't competely crazy.*

*Now the question is, should I tell everyone where it is, or just let you explore the beaches until you find that same spot?*

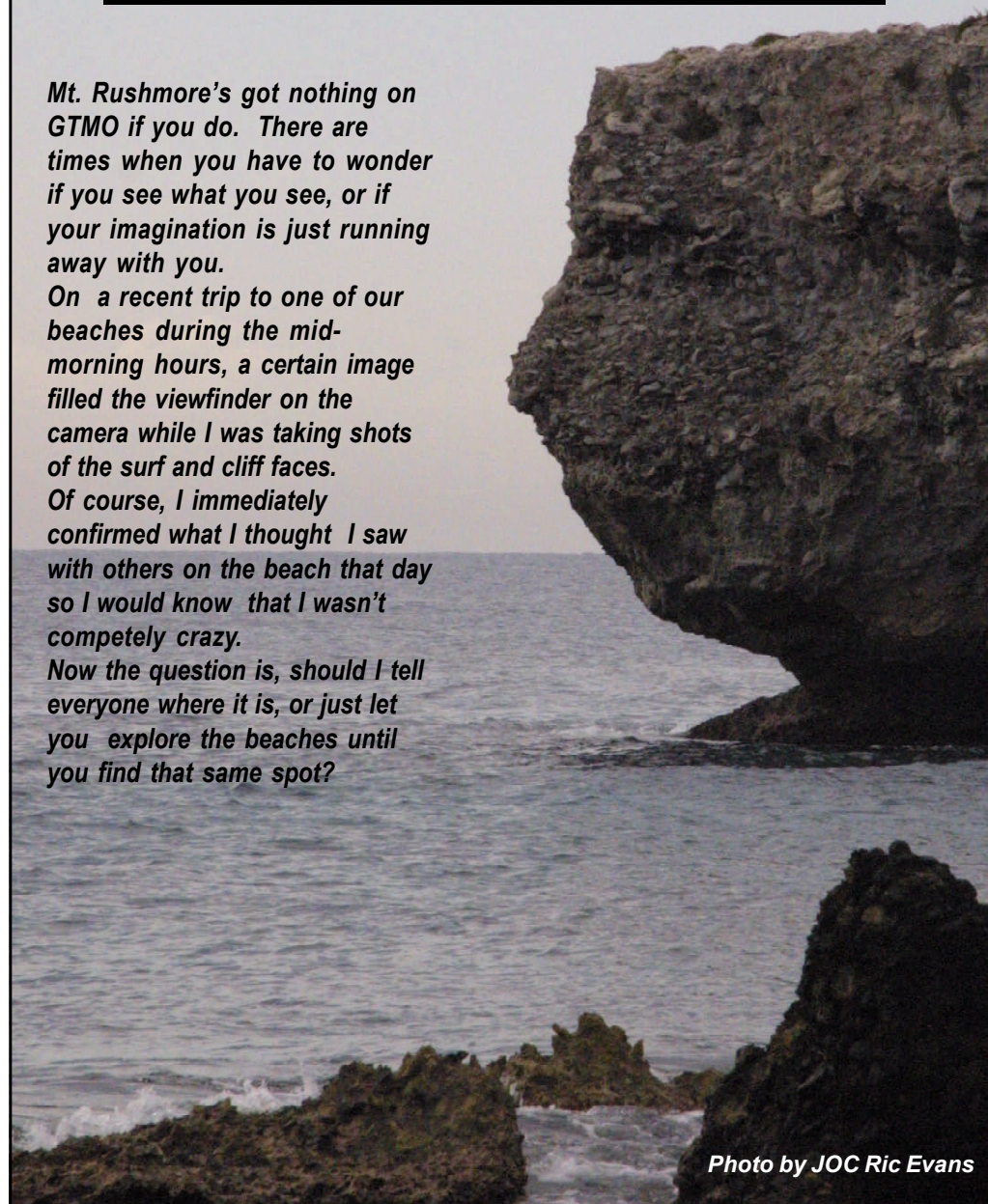


Photo by JOC Ric Evans

### Force Protection

***Never provide strangers with personal information about you or your family, including items relating to GTMO's mission.***

### Water Conservation

**DEC. 30 - JAN. 5**

Used 6,843,403.0  
Daily avg. 977,629.0  
Daily goal 1,000,000 gal

**We spent \$36,924.66 over our budget for the week.**

### U.S. Naval Base Guantanamo Bay

#### Gazette

**Commander, Naval Base**  
CAPT Robert A. Buehn

**Chief Staff Officer**  
CAPT Michael Fair

**Command Master Chief**  
CMDMC(AW/SW) Ellen M. Mustain

**Public Affairs Officer**  
JOC Richard Evans

**Gazette Editor**  
JO1 Amy Kirk

This newspaper is an authorized publication for members of the military service stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

**Phone: 4502, 4520**

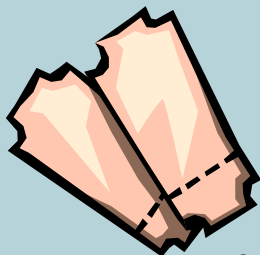
**E-mail:**  
[pao@usnbgtdmo.navy.mil](mailto:pao@usnbgtdmo.navy.mil)

**Gazette On-line:**  
[www.nsgtdmo.navy.mil](http://www.nsgtdmo.navy.mil)

### Missoula Children's Theatre to Host Workshops for Children and Adults

During the school days of Jan. 15th to Jan. 19th students of the Elementary School and High School will be attending workshops by the Missoula Children's Theatre (MCT). The purpose of the workshops is to give all students exposure to the performing arts. Workshops include, Introduction to Mime, Creative Dramatics, Improvisation, and The Actor's Tools. Home Schooled children may attend the workshops, call Dasha Garipey at 5598 to find out place and time.

The PTO has also purchased a workshop for the community. This workshop will be held on Saturday, January 18th from 1500 to 1545 in the High School Gym. Please call the High School Office at 3500 to reserve your spot. If you are not able to attend after signing up, please let the High School office know so that your spot can be made available to someone else. Space is limited.



*Missoula Children's Theatre presents*

### **The Wiz of the West**

*Ticket Sales at the NEX Atrium*

*Saturday - Jan. 11, 11am to 1pm*

*Sunday - Jan. 12, 10am to 1pm*

See more on MCT's production of the Wiz of the West on page 9.

### Cuban American Friendship Day Items On Sale!

*T-shirts, muscle shirts, jerseys, sweat shirts and caps.*

*Adult and children's sizes available*

#### **Cookbooks also available**

*Cookbooks contain authentic Cuban cuisine recipes provided by The Cuban exiles in the GTMO community. They make great gifts!*

*On sale at the NEX atrium – January 11, 18 and 25 from 9am until 7pm*

### Thank You to Plant Nursery Volunteers



The American Red Cross would like to recognize and thank the Plant Nursery volunteers. The registered volunteers reported a total of 95 hours of volunteer time for the month of December. I know I am not alone in thanking them for the fruit, shade, and beauty their work provides for the entire base. The plants that they nurture make our neighborhoods, yards, and houses feel more like home. Thank you for all your hard work.

Tonja Campbell  
American Red Cross  
Volunteer Chair





Official U.S. Navy file photo of Chief of Naval Operations Adm. Vern Clark.

## ***CNO Charts Navy's Course for 2003***

***From Chief of Naval Operations Public Affairs***

Chief of Naval Operations Adm. Vern Clark praises Sailors for the Navy's tremendous successes in 2002 and announces a broad range of initiatives to ensure the Navy stays ready to fight and win in the 21st century, in the new CNO Guidance, released this weekend.

In CNO Guidance 2003, which is available at [www.navy.mil/cno](http://www.navy.mil/cno), the CNO says the Navy will focus on winning the war on terrorism; protecting the nation and our forces; and achieving the Navy's Sea Power 21 vision.

"It will require hard choices and determined leadership at all levels," said Clark. "We must challenge every assumption and search for new and better ways to accomplish our tasks. We must refine requirements, conduct innovative operations, and optimally allocate resources to achieve efficiencies and recapitalize the fleet."

The CNO says the Navy achieved tremendous success in 2002, both in the war on terrorism and in the Navy's Top Five priorities (manpower, current readiness, future readiness, quality of service and alignment).

"Our men and women operating in the air, on and under the sea, and on the ground are at the leading edge of the global war on terrorism," said Clark. "Forward deployed, combat ready naval forces – sustained by naval and civilian shipmates around the world – are proving every day the unique value of sovereign, independent forces projecting power from the sea."

The Navy is currently the most ready it has ever been during its history, Clark adds. Since Sept. 11, 2001, eight carrier battle groups, six amphibious ready groups, and nearly 100,000 Sailors and Marines deployed around the world in support of the global war on terrorism.

The CNO says he is pleased with the progress the Navy has made in manpower and current readiness since the CNO Guidance for 2002 was published.

"In last year's Guidance, I challenged each of you to make our great Navy even better by enhancing mission accomplishment, deepening the growth and development of our people, and developing innovative operational concepts and capabilities ... and you delivered," said Clark.

"We are enjoying now the best manning I have witnessed in my career...our investment in personnel readiness was merely the foundation. Your efforts were the reason for our operational success. You encouraged our people to excel and focused them on mission accomplishment."

"We have the most ready force in our history. Over the past year, our investment in training, spare parts, ordnance, and fuel accounts enabled our fleet to be ready earlier, deploy at a higher

## **NEWS BRIEFS**

### **CPO Exam**

The active duty CPO Navy-wide Advancement Exam is January 16 at the Windjammer.

All candidates are to muster no later than 7am on the day of the exam in uniform of the day and have their military ID card. Those arriving after 7:30am will not be allowed to take the exam.

To all candidates: make sure your worksheets are signed by January 10. Any questions, contact PSD.

### **CCC Scholarship for Guest Workers**

City Colleges of Chicago is now accepting scholarship applications (tuition & books) for Term III/02-03 beginning January 13, 2003.

Applications are available at the City Colleges office on Chapel Hill. Ext. 3999. Apply by January 06, 2003.

### **Navy College Notes**

The test dates for the Navy College Office in January are the 10th and 24th at 1pm. ACT Tests have arrived. If you require this test, you must show up at the testing office no later than 12:15pm on the test day. For more information on the ACT or other tests available, call Petty Ulfers at 3996.

### **Poetry Workshop and Readings**

Beginning January 11, the Iguana Crossing will sponsor poetry readings each Saturday. Sign ups will be from 6-6:30pm and readings will begin at 7pm and end when everyone has read.

**Poetry Workshop** - All are welcome to participate in the Poetry Workshop each Monday from 7 to 8pm. For more information, please contact LT Marcus Warren at 3128/8033.

Musicians are also wanted to provide accompaniment for poets on poetry nights. For more information, please contact LT Marcus Warren at 3128/8033.

# Thrift Savings Plan Changes Begin in 2003

The third Thrift Savings Plan (TSP) open season for the uniformed services ended Dec. 31.

As 2002 came to a close, the Navy continued to lead the other services in new enrollments, with more than 96,161 active-duty and Reserve Navy personnel taking advantage of the program.

The next two open seasons which are currently scheduled to run from April 15 to June 30, and Oct. 15 to Dec. 31 in 2003, Sailors can increase their basic pay contribution from 7 percent to 8 percent, and continue to contribute up to 100 percent of their special, incentive or bonus pays.

Also in 2003, the IRS elective deferral limit will increase from \$11,000 to \$12,000. The IRS elective deferral limit for 2004 is \$13,000; for 2005, \$14,000; and \$15,000 for 2006. For

those serving in a combat zone, the ceiling for contributions is \$40,000.

"Time is of the essence," said Chief of Naval Personnel, Vice Adm. Gerry Hoewing. "I hope every Sailor who hasn't already enrolled in TSP takes a hard look at the program and their current financial situation in the days ahead to see if TSP is a viable option for them."

TSP investments may be directed to any of five different funds, which vary in risk and investment mixture. The five funds are government securities investment (G fund); fixed income investment (F fund); common stock index investment (C fund); small capitalization stock index investment (S fund); and international stock index investment (I fund). Contributions are initially directed to the G fund, and service

members may then redirect their investment once the account is active.

TSP enrollment can be done online through the "MYPAY" Web site (formerly called Employee Member Self Service (E/MSS)) at <https://emss.dfas.mil/mypay.asp>, or by completing a TSP enrollment form (TSP-U-1) and turning it in to the servicing pay or personnel office.

TSP enrollment forms are available at local Fleet and Family Support Centers, Personnel Support Detachments or online at the TSP Web Site, [www.tsp.gov](http://www.tsp.gov). Sailors who sign up or make changes to their TSP accounts via the "MYPAY" Web site should now have the option to print out a receipt of your transaction.

For more information on TSP visit the Web Site at <http://www.tsp.gov/>.

## American Airlines Changes Luggage Weights And Fees

Effective immediately, American Airlines has changed their policy concerning free checked luggage and associated fees.

For flights operating wholly within the United States, the free weight allowance for passengers' checked luggage has been reduced from 70 pounds to 50 pounds per piece. Any piece of luggage exceeding 50 pounds will be assessed excess luggage charges depending upon the weight. Luggage weighing between 50 and 70 pounds will be charged \$25 per piece and luggage between 70 and 100 pounds will be charged \$50 per piece. Luggage weighing over 100 pounds will not be accepted as checked luggage.

For flights operating to/from Puerto Rico, U.S. Virgin Islands and Canada the free checked luggage weights and fees remain unchanged at 70 pounds per piece. A fee will be charged for each bag exceeding 70 pounds.

Some good news. American Airlines has agreed to grant our military travelers a waiver. American Airlines will waive excess fees for our military travelers and they will be allowed up to 70 pounds per bag at check-in for a maximum of two bags. Fees will be charged if there are more than 2 bags or if any bag exceeds the 70 pound limit. The luggage fee waiver does not apply to DoD civilians or military dependents.

## New Year's Resolutions

### CDR Colleen Gallagher Naval Hospital

2003! GULP. Whether you are ready for it or not here it is. Resolutions. Promises. Goals. Have you made any? Are you going to make any? Have you given up already? It is never too late to make resolutions and what better way to start than at the beginning of the year.

First, decide what you want to resolve. Do you want to lose weight? Do you want to improve your relationship with your significant other? Do you want to start an exercise program? Do you want to quit your tobacco use? Do you want to improve your time management skills? Write down your ideas and form them into goals. Whether you are making professional goals or personal goals, make them attainable goals. Behavior goals need to be specific and measurable. The goals need to be reasonable for you and must be flexible. They should afford small gradual changes and be integrated into your daily life. It is a personal responsibility to follow through with your goals.

Time may seem to be slipping away too fast. You may feel you have yet to accomplish anything and it may be too late. Don't give up. It is never too late to change or try something new. Here are a few names that may inspire you to set those goals and keep with them.

**Alexander Graham Bell** invented the telephone in 1876, age 29.

**Martin Luther King Jr.** won the Nobel Peace Prize in 1964, age 35.

**Amelia Earhart** was the first woman to fly single-handed across the Atlantic Ocean, age 33, in May 1932.

**Marie Curie**, won the Nobel Prize for Chemistry in 1911, age 43, having the shared the Nobel Prize for Physics in 1903.

**Verdi** composed his Ave Maria at age 85.

**Martha Graham** performed on stage until she was 75 and choreographed her 180th work at age 95.

**Marilla Salisbury**, at age 80, set a record for her age group in a five-kilometer walk. Her time was 40 minutes, and her pace just under five miles per hour.

**Michelangelo** was carving the Rondanini Pieta six days before he died at age 89.

**Marion Hart**, sportswoman and author, learned to fly at age 54 and made seven nonstop solo flights across the Atlantic, the last time in 1975 at age 83.

**Grandma Moses**, had her first one-woman show when she was 80.

Set your goals. Don't just think about it. As the Nike motto says, "Just do it!"

To enroll in the next Tobacco Cessation Class or the Weight management program contact the Naval Hospital's central appointments at 7-2110.

# FTC booklet details help for victims of identity theft

**By Gerry J. Gilmore**  
**American Forces Press Service**

A Federal Trade Commission booklet offers guidance for people who've fallen victim to a fast-growing crime: identity theft.

DoD officials believe that it is possible that some TRICARE beneficiaries could be subject to identity thievery due to the Dec. 14 theft of office computers in Phoenix, Arizona from military health care contractor TriWest Healthcare Alliance.

The FTC publication: "ID Theft: When Bad Things Happen to Your Good Name," points out to consumers that skilled identity thieves have proven adept over the last several years in using a variety of methods — low- and high-tech — to gain access to personal data like social security numbers and credit card account information.

Identity thieves use such information to open up new credit accounts, running up thousands of dollars of illicit bills, including bank and automobile loans,

which are charged to the victim.

The FTC publication, which can be accessed online at <[www.consumer.gov/idtheft](http://www.consumer.gov/idtheft)> [<http://www.consumer.gov/idtheft>], noted the incidence of identify theft has been increasing across the United States since the early 1990s.

In fact, Congress enacted the Identity Theft and Assumption Deterrence Act of 1998 to combat the problem, the booklet explained. In recent years many states have passed laws addressing identity theft, the booklet noted, while other states are considering such laws.

William Winkenwerder Jr., the assistant secretary of defense for health affairs, noted in a recent letter that more than 500,000 clients served by TriWest will receive letters advising them of the December theft and offering detailed information on what they can do to safeguard against identity theft or fraud.

The Phoenix incident is a serious matter, emphasized Winkenwerder, noting that "personal information and records security

are prime concerns" for the military's health care system.

DoD was notified of the theft Dec. 20, 2002. The Defense Criminal Investigative Service, FBI and other law enforcement authorities are investigating the incident. Anyone who may have knowledge of the Phoenix incident is asked to call a special toll-free hotline number: 1-800-424-9098.

"We regret an inconvenience this theft might cause our service members, their families, retirees and their families," Winkenwerder said.

The TRICARE Management Activity noted Dec. 23 that DoD has been working with TriWest to ensure uninterrupted service for beneficiaries.

TriWest covers TRICARE beneficiaries living in Colorado, Idaho, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, Wyoming, Arizona, New Mexico, Nevada, and extreme western Texas, according to the TMA release. Affected beneficiaries can also call 1-800-343-TIPS for more information.

## SPONSORING A NEWCOMER

The Sponsoring Program is designed to help military personnel, civilian employees, and their families, relocate from/to any base in the world. This program plays an important role for both the command's mission as well as the newcomer's well being. It raises morale, retention, productivity, and overall command readiness. A Sponsor provides a positive first impression of the new duty station and minimizes the newcomer's stress. An effective Sponsor should have initiative to add to the success of the program.

Sponsors must promptly establish contact with newcomers, and maintain it until a few weeks after their arrival. During the Sponsor's first contact with the newcomer, the Sponsor should provide their name, office and home telephone numbers (including DSN numbers and area codes), mailing address, email address, and also offer to provide information on the new

assignment, base, community services, and facilities. A Sponsor needs to do everything possible to aid in the member's orientation into the new environment and inform on issues such as housing, POV, schools, banking, etc., which are very important to all of us when relocating. Sponsor's should meet the newcomer at their point of arrival, assist them with the initial check-in, and eventually introduce them personnel with whom they will be working.

If you would like to learn more about sponsoring a newcomer, the Fleet and Family Support Center supports the Sponsor Program by offering Sponsor Training classes, on a quarterly basis, for those assigned as sponsors, their spouses, ombudsmen, sponsor coordinators, and anybody interested in attending. The next Sponsor Training class will take place on 16 Jan 03, at 0900 in the Fleet and Family Support Center's Training room.



### ***The Best Cappuccino On The Island!***

***Bring this coupon in to the Iguana Crossing Coffee Shop for a spiced tea of your choice.***

***Open Monday, Wednesday, Friday and Saturday nights from 6-10pm. Escape from GTMO! Come enjoy a cup of java in a fun, laid-back atmosphere.***





---

## HEALTH CARE INFORMATION LINE (935, 800-984-7296)

---

We would like to remind you about the **Health Care Information Line (HCIL)**. The **HCIL** is a service provided by **TRICARE Latin America & Canada** for **TRICARE Prime** beneficiaries residing in **Naval Station Guantanamo Bay Cuba**. For your convenience you can call anytime, day or night, seven days a week. The service is fast, easy to use and strictly confidential.

By calling the HCIL at **935, 800-984-7296**, a local call from anywhere at **Naval Station Guantanamo Bay Cuba** or from the United States or where 800 service is available, you can:

- “ Listen to pre-recorded information on over 440 health topics from the AudioHealth Library.
- “ Talk confidentially to a Registered Nurse about your symptoms or a specific health concern.
- “ Request to have written health care educational literature mailed directly to your home.

### Some Typical Calls to the HCIL Nurses:



*“I just returned from a hike and I now have this severe rash on my arm.”*

*“What can I do at home to lower my daughter’s fever?”*

*“I forgot to take my medication this morning. What should I do?”*

### How To Use the HCIL:

☎ Call the HCIL at **935, 800-984-7296**, a local call from anywhere in **Naval Station Guantanamo Bay Cuba** or from the United States or where 800 service is available.

☎ Press one of the following numbers. *(If you know your selections, you can key ahead at any time. If you’re calling from a rotary dial phone, please wait and you will receive assistance.)*

**Press 2** to listen to pre-recorded health care topics from the **AudioHealth Library**.

- “ With over 440 topics to choose from, AudioHealth Library provides you with practical,
- “ Topics range from common problems like colds or sore throat, to more serious issues, such as cancer, diabetes, or heart disease.

**Press 1** to speak with a **Registered Nurse** about particular symptoms or health concerns.

- “ If someone in your family is sick or injured, the nurse can help decide how serious the symptoms are, answer your questions, and suggest self-care measures.
- “ The nurse will also help you decide whether to go to the ER, call your PCM, or use self-care measures.

AT&T Direct® Service can help you reach toll-free numbers from outside of the United States.

Toll-free number calling instructions:

- Make sure you have an outside line.
- Enter the AT&T Direct Access Number for the country you are in;
- **935** – Guantanamo Bay, Cuba access code -
- An English-language voice prompt or an AT&T Operator will ask you for the number you are calling.

# HEALTH CARE INFORMATION LINE (HCIL)

## AudioHealth Library® Topics

### ALLERGIES

1000	WHAT ARE ALLERGIES?
1001	COMMON CAUSES
1002	FOOD ALLERGIES
1003	HAY FEVER
1004	INSECT STING ALLERGIES
1005	MEDICATION ALLERGIES
1006	INDOOR ALLERGIES
1007	ALLERGY TESTING
1008	TREATING ALLERGIES
1009	ALLERGIC SHOCK
1010	NATIONAL SUPPORT SERVICES

### CANCER

#### GENERAL

1100	WHAT IS CANCER?
1101	RISK FACTORS
1102	EARLY DETECTION
1103	SIGNS AND SYMPTOMS
1104	CANCER TREATMENT TEAM
1105	CLINICAL TRIALS
1106	NATIONAL SUPPORT SERVICES

#### BREAST

1107	RISK FACTORS
1108	EARLY DETECTION GUIDELINES
1109	SIGNS AND SYMPTOMS
1110	TREATMENT
1111	BREAST RECONSTRUCTION
1112	BREAST CANCER IN MEN

#### COLON/RECTAL

1113	RISK FACTORS
1114	EARLY DETECTION GUIDELINES
1115	SIGNS AND SYMPTOMS
1116	TREATMENT

#### LYMPHOMAS

1117	HODGKIN'S DISEASE
1118	NON-HODGKIN'S DISEASE

#### OTHER TYPES OF CANCER

1119	BLADDER CANCER
1120	CERVICAL CANCER
1121	CHILDHOOD CANCER
1122	ENDOMETRIAL (UTERINE)
1123	LEUKEMIA
1124	LUNG CANCER
1125	METASTATIC CANCER
1126	OVARIAN CANCER
1127	PANCREATIC CANCER
1128	PROSTATE CANCER
1129	SKIN CANCER
1130	TREATMENT TYPES
1131	BONE MARROW TRANSPLANT
1132	SIDE EFFECTS
1133	NUTRITION DURING TREATMENT

### CHILDREN'S HEALTH

1250	ATTENTION DEFICIT DISORDER
1251	BEDWETTING
1252	BREAST FEEDING
1253	CAUSES OF CHILDHOOD FEVERS
1254	CHICKEN POX
1255	UPPER AIRWAY OBSTRUCTION
1256	CIRCUMCISION
1257	COLIC
1258	CROUP
1259	DANGERS OF ASPIRIN USE & REYE'S SYNDROME
1260	DEHYDRATION
1261	DIAPER RASH

### CHILDREN'S (continued)

1262	DIET
1263	DYSLEXIA
1264	EARACHES
1265	EXERCISE
1266	FEVER GUIDELINES
1267	FIFTH'S DISEASE
1268	GROWTH AND DEVELOPMENT
1269	HAND, FOOT AND MOUTH DISEASE
1270	HOW TO TAKE A TEMPERATURE
1271	HYPERACTIVITY
1272	IMPETIGO
1273	LICE
1274	MEASLES
1275	MUMPS
1276	OBESITY
1277	PEDIATRIC HERNIAS
1278	PEDIATRIC RASH
1279	PHYSICAL EXAM AND SHOTS
1280	PINWORMS
1281	PREMATURE BABIES
1282	RINGWORM
1283	ROSEOLA
1284	RUBELLA
1285	SCABIES
1286	SLEEPING PROBLEMS
1287	SUDDEN INFANT DEATH SYNDROME
1288	TEETHING
1289	THUMB SUCKING
1290	TOILET TRAINING
1291	URINARY TRACT INFECTIONS
1292	THRUSH

### COMMON ILLNESSES

1400	COLDS
1401	FLU
1402	STOMACH FLU
1403	HERNIA

### HEADACHES

1404	GENERAL INFORMATION/ TENSION
1405	MIGRAINE/CLUSTERS
1406	SINUS

### COMMON SYMPTOMS

1450	BACK PAIN
1451	CONSTIPATION
1452	DIARRHEA
1453	DIZZINESS/VERTIGO
1454	EAR PAIN
1455	FEVER
1456	MUSCLE PAIN
1457	NECK PAIN
1458	NOSEBLEEDS
1459	SORE THROAT
1460	SWOLLEN GLANDS
1461	TMJ (JAW JOINT PAIN)
1462	VOMITING

### DIABETES

1407	WHAT IS DIABETES?
1500	INSULIN DEPENDENT - TYPE I
1501	NON-INSULIN DIABETES - TYPE II
1502	REDUCING THE RISKS FOR TYPE II
1503	PREGNANCY & GESTATIONAL DIABETES
1504	COMPLICATIONS OF DIABETES

### FIRST AID

1750	BITES: ANIMAL/HUMAN
1751	BITES/STINGS: INSECTS

### FIRST AID (continued)

1752	BITES: SNAKES
1753	BITES: SPIDERS
1754	BITES: TICKS
1755	BLISTERS
1756	COLD INJURIES/HYPOTHERMIA
1757	COLD INJURIES/FROSTBITE
1758	FIRST AID SUPPLIES
1759	HEAT EXHAUSTION
1760	HEAT STROKE
1761	MINOR BURNS
1762	CUTS, ABRASIONS, & BRUISES
1763	POISONINGS
1764	PUNCTURE WOUNDS
1765	SIGNS OF INJURY INFECTION
1766	SPLINTERS

### WOMEN'S HEALTH

#### BIRTH CONTROL

2600	BARRIER METHOD
2601	DEPO-PROVERA
2602	INTRAUTERINE DEVICE
2603	NORPLANT
2604	TUBAL LIGATION
2605	THE PILL
2606	THE RHYTHM METHOD

#### BREAST HEALTH

2610	BREAST EXAMINATIONS
2611	BREAST LUMPS
2612	MAMMOGRAPHY

#### GENERAL HEALTH ISSUES

2620	EXCESSIVE HAIR GROWTH
2621	HAIR LOSS
2622	INFERTILITY
2623	IRON-DEFICIENCY
2624	OSTEOPOROSIS
2625	PAP SMEARS

#### INFECTIONS

2640	BACTERIAL VAGINAL
2641	PELVIC INFLAMMATORY
2642	URINARY TRACT
2643	VAGINAL YEAST

#### PREGNANCY

2700	PLANNING FOR
2701	HOW CAN I TELL?
2702	WHEN TO SEEK CARE
2703	PRENATAL CARE
2704	DANGER SIGNS
2705	SYMPTOMS AND STAGES
2706	LABOR
2708	DIET
2709	EXERCISE
2710	RUBELLA & PREGNANCY
2711	SMOKING & PREGNANCY
2712	SUBSTANCE ABUSE
2714	AMNIOCENTESIS
2716	ULTRASOUND
2717	MISCARRIAGE
2718	PREMATURE DELIVERY
2719	STRETCH MARKS
2720	CESAREAN SECTION
2721	EPISIOTOMY

#### AFTER DELIVERY

2750	BLUES/DEPRESSION
2751	BREAST FEEDING
2752	COMPLICATIONS
2753	EXERCISE
2754	FOLLOW-UP CARE

# ***Cuban American Friendship Day Poster, Essay Contest***

In honor of Cuban American Friendship Day, celebrated annually on the last Friday of January, the Cuban American Association is sponsoring a poster/essay contest.

All children in grades 3<sup>rd</sup> through 12<sup>th</sup> are welcome to participate. Winners will be announced at the Cuban American Friendship Day celebration to be held at Phillip's Park on Friday the 31<sup>st</sup> of January from noon til 6pm.

This year's theme, as well as the theme for the poster/essay contest, is "100 Years of Friendship". The following outlines the contestant categories and the basic poster/essay requirements established by the Cuban American Association:

## **Category I –Poster entries only**

Students in grades 3rd through 5th

Poster entries may be drawings, paintings or collages. Multimedia may be used. Winner will receive a \$50 U.S. Savings Bond.

## **Category II- Essay entries only**

Students in grades 6th through 8th

Essay is to be 1 ½ - 2 pages maximum, handwritten in black ink or typed. Winner will receive a \$100 U.S. Savings Bond.

## **Category III- Essay entries only**

Student's in grades 9<sup>th</sup> through 12<sup>th</sup>. Essay is to be 2-3 pages maximum, typed/word processed, double-spaced with 1-½ inch margins. Winner will receive a \$200 U.S. Savings Bond.

Contestants will be judged on their creativity and imagination in addressing the theme "100 Years of Friendship".

Each poster or essay submitted must include the contestant's full name, grade level, social security number, address and home phone number. Deadline for submissions is Friday the 17<sup>th</sup> of January.

Point of Contact for submissions at the Elementary School is Zaida Brewer at 2207. The High School Point of Contact, as well as the Point of Contact for home schooled children, is Tina Lara at 3500 or 7113.

For additional information, please contact Tina Lara at 3500 or 7113.

---

## **CNO Charts Course, from page 3**

---

state of readiness, and build a more responsive surge capability. These investments were vital to sustaining the war on terrorism and assuring friends and allies with our global response."

Clark adds that our on-going success in manpower and current readiness allows the Navy to focus on implementing Sea Power 21. This vision provides the framework for accelerating operational concepts and technologies to improve warfighting effectiveness and enhance homeland security; shaping and educating our force to operate tomorrow's fleet; sustaining readiness; and harvesting efficiencies to invest in the Navy of the future.

"The significant progress made over the past two years in manpower and current readiness makes it possible to place more emphasis on future readiness to transform our Navy for the challenges ahead. It will take the combined energy and teamwork of our entire Navy and Marine Corps team to achieve our vision, capture efficiencies, and strengthen how we organize, train, equip and integrate to fight."

The Sea Enterprise process, a key element of Sea Power 21, will enable the Navy to harvest efficiencies and reinvest savings to recapitalize and deliver increased combat capability.

The CNO adds that the Navy will continue to invest in its "number one resource" - Sailors.

"'Growth and development' is our byline, and I expect every leader to be deeply involved in developing their shipmates. Active leadership is making it happen today and will do so in 2003," said Clark. "We will reward leaders who understand the challenges and through innovative and creative leadership, develop their people and accomplish the mission efficiently and effectively."

Clark also challenges every leader to enhance warfighting effectiveness at every level.

"Last year, I told you I wanted every leader to be evaluated on

two things, their commitment to the growth and development of their people, and above all, to mission accomplishment. This year, I want to elaborate on that guidance. I want each of you to understand that mission accomplishment means both warfighting effectiveness and resourcefulness."

"Our Navy is the finest it has ever been and getting better every day. I am counting on you to continue our superb record of accomplishment and shape the Navy of tomorrow. Working together, we will achieve the vision."

To read CNO Guidance 2003, Sea Power 21, or more information about CNO, go to [www.navy.mil/cno](http://www.navy.mil/cno).

---

## **Alcoholics Anonymous**

AA Meeting times have changed to 6:30pm. They are still being held Mondays, Wednesdays and Saturdays at the Chapel Complex.

For more information please contact  
AK1 Robbin Smith at home 7906, work 4099.

---

## **Attention Runners, Walkers and Bikers**

**Reflective gear must be worn when  
running, walking or biking  
between the hours of dusk  
and dawn.**





## Worship Services

### Catholic Mass (Main Chapel)

**Monday - Friday**

Daily Mass (Cobre Chapel) 0630

**Friday**

Holy Hour/Rosary 1700

(Cobre Chapel)

**Saturday**

Reconciliation 1630

Eucharist/Mass 1730

**Sunday**

Eucharist/Mass 0900

Mass - Leeward Side 1215

Eucharistic Adoration/Reflective

Prayer (Cobre Chapel)

Daily 24hrs

### Protestant Services

**Sunday**

Services - Main Chapel 1100 & 1930

Camp America 0900

### New Life

(Main Chapel)

**Sunday**

Worship Service 1245

Sunday School (Sanctuary B) 1130

### Church of Jesus Christ of

Latter Day Saints

(Sanctuary A)

Sunday Sacrament 0900

### Jewish

(Fellowship Hall)

Every Friday 2000

### Filipino Bible Fellowship

(Sanctuary A)

**Sunday**

Worship 1800

### Iglesia Ni Cristo

(Sanctuary B)

**Sunday**

Worship 2000

### Pentecostal Gospel

Temple

(Sanctuary C)

**Sunday**

Worship 0800 & 1700

### Seventh Day Adventist

(Sanctuary B)

**Saturday**

Divine Service 1100

### Islamic Service

(Classroom 18))

**Friday**

Worship 1300

### United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

*Please ask the Faith Group Representative about Sunday School Times, Education Programs, Bible Study, Prayer Groups, etc. For more, call the Chaplain's Office at 2323.*



## The Wiz of the West Auditions

Auditions for THE WIZ OF THE WEST are Wednesday, Jan. 15<sup>th</sup> from 3 to 5pm. Those auditioning should arrive at 2:50pm and plan to stay for the full two hours.

Students, ages K through 12, are encouraged to audition. No advance preparation is necessary. Assistant Directors will also be cast to aid in rehearsals throughout the week and to take on essential backstage responsibilities. **Please note that not all those who will audition will be selected for a part.**

THE WIZ OF THE WEST will be presented on Monday, January 20<sup>th</sup> and Tuesday, January 21<sup>st</sup>. The Missoula Children's Theatre residency in GTMO is presented locally the PTO and MWR with support from HSO and a grant from Newman's Own, Fisher House Foundation and Military Times Media Group. For more information, call Nicky Knighton at 7699.

## Meet the MCT Tour Team



Nicki Poer

The Poers are very excited to be here in Guantanamo Bay. Brad currently works as the Facilities Coordinator at MCT. Nicki now serves as the Tour Marketing Assitant. Both are active in MCT's Community Theatre Season.



Brad Poer

The Poers are also very proud that this trip is officially the farthest from Montana that they have ever toured.

## Rehearsal Schedule

If you plan to audition, please be sure you can committ to the following rehearsal schedadule:

WED 1/15: Audition and rehearsals from 3 - 7:30 PM

THUR 1/16: Rehearsals from 3 - 7:30 PM

FRI 1/17: Rehearsals from 3 - 7:30 PM

SAT 1/18: Rehearsals from 10am -2:30 PM

MON 1/20: Dress Rehearsal starting at 3 PM—Cast and crew will stay until first show

TUES 1/21: Arrive for second performance at 5:45 PM to warm-up and get ready for second show

A half hour dinner break will be given each night from 5:00 -5:30. Parents will need to send their child with a packed dinner or bring something at this time. If you would like to provide a meal for Nicki and Brad Poer (The Actor/Director), please call Nicky Knighton at 7699.

## School Lunch Menu

**Jan. 13 - 17**

### - MONDAY -

Cheeseburger,  
Lettuce & Tomato,  
French Fries,  
Pickles, Fresh Fruit,  
Milk

### - TUESDAY -

Sausage Pizza,  
Green Beans,  
Fruit Gelatin,  
Milk

### - WEDNESDAY -

Ravioli, Rice,  
Tossed Salad,  
Sliced Peaches,  
Milk

### - THURSDAY -

Chicken Nuggets,  
French Fries,  
Mixed Vegetables,  
Fresh Fruit,  
Milk

### - FRIDAY -

Spaghetti  
w/Meat Sauce,  
Toasted Bread,  
Vegetables w/Dip,  
Fruited Gelatin,  
Milk

## **Creature Feature**

*"Creature Features" are submitted by The Guantanamo Bay  
Environmental Office*

---

# **Bird Work in GTMO - The Cape May Warbler**

**By Bob Wilkerson**  
*The Institute for Bird Populations*



Cape May Warbler - photo by Robert Royce

This week's creature feature is a small songbird, the Cape May Warbler, and the bird research that is currently being conducted on Guantanamo Naval Air Station.

The Cape May Warbler is named for the first place this species was actually seen and described by ornithologists in Cape May, New Jersey. The name is actually a bit of a misnomer for the Cape May spends little of its life in Cape May, NJ, outside of spring and fall migration and this warbler could easily have been named after endless geographical features throughout the Greater Antilles where it spends much more of its time, possibly even the Guantanamo Bay Warbler!

GTMO harbors thorn-scrub and arid forest habitats that make homes to both Cuban resident birds and many winter migrants such as the Cape May Warbler. These habitats are important in GTMO because they are often destroyed on islands throughout the Caribbean, leaving few winter homes for migrant or resident birds.

This small bird is known as a neo-tropical migrant, meaning that it migrates North each spring to breeding grounds in North America and South each fall to tropical wintering grounds. Summer months find the Cape May on its breeding grounds in boreal spruce-fir forests of the extreme Northern United States and throughout Canada from the Atlantic seaboard West and North to Northeastern British Columbia and Southeastern Yukon. In an amazing feat for a creature weighing a mere 10 grams, Cape May Warblers fly down from Canada to the southern Gulf Coast States and from there cross over the open ocean at night using celestial and geographic features to navigate to Antillean Islands. Cape May's spend the winter months on West Indian Islands, predominantly in the Greater Antilles.

In GTMO Cape May's can be found throughout the base in the desert scrub habitats such as that found in the Graffiti Hill area as well as along Mangrove edge habitats and even in ornamental yard trees, particularly those currently flowering. In fact, on the wintering grounds and during migration, the Cape May Warbler is known for its tenacious defense of flowering trees and shrubs and will actually "defend" a flowering plant from other birds until the plant is no longer in bloom. The Cape May is one of nine species of Warbler that regularly make Cuba and Guantanamo its home for the winter; four of which are restricted in their wintering ranges to the Caribbean region.

On it's summer grounds the Cape May's breeding productivity is highly correlated with outbreaks of the spruce budworm, an insect

that infests trees found in the Cape May's preferred breeding habitat. When a large out break of spruce budworm occurs, Cape May Warblers produce more young. Ecological mechanisms that influence population trends are less well understood on the wintering grounds.

Although the direct reasons are not currently understood, anecdotal evidence suggests that older birds are more successful at surviving the over-wintering period than younger birds and also that among adults, males are more successful at surviving than females. Work is currently being conducted to further the understanding the ecology of over-wintering birds such as the Cape May Warbler as well as birds that are year round residents in Cuba.

*To be continued.*



A close-up look at this bright yellow and black GTMO resident. Photo by John Blackmer from River Bend Nature Center in Minnesota

---

## **Energy Conservation**

---

**A typical household spends about \$110 annually  
on lighting and most of this is wasted on  
inefficient light bulbs.**

# GTMO SHOPPER

## FOR SALE

(1) 2 Lynx Air tickets \$250.00. You pay transfer fee of \$75 good for up to one year and still save almost \$100. Marine radio, new in box - paid \$170 will sell \$125 OBO. Call Rob 7330.

(1) Ladies clothes, sizes 10 & 8 petite. Pants, dresses, tops, and jackets. Like new or never worn. Call 5212 for an appointment.

(1) 3 piece living room set \$800 O.B.O. Dinette set \$400 O.B.O. Call for details After 6 pm 5508.

(1) Sega 16-bit w/2 controllers, 19 games and game genie, \$100. Nintendo 64 w/2 controllers, 5 games and tilt pack, \$75. Sony Playstation w/2 controllers, \$50. All in excellent condition. Call 7-2185 (DWH) or 7976 (AWH).

(2) Kenmore Dryer, \$50 OBO. Available on 10 Jan 02. Call 7864.

(2) Dog Kennel, Medium, used one time, LIKE NEW. Call 7864.

(2) SoCom/U.S. Navy Seals Play Station II game - \$45. Call 7003(H) 6277(W).

## VEHICLES/BOATS

(1) 1994 Chevy Astro Van, runs great...looks good. \$3,000.00 Call for details, (H) 7888.

(1) 1994 Bay Liner - 70HP engine, fish finder, asking \$1,200. Call Henry at 7333 or 2010.

## WANTED

Part time supervision/tutoring for a seventh grade home school student. Half days morning or afternoon. Phone: 7708 home, 5213 work.

Need someone who can repair a Maytag Neptune washer. Call Ray or Janice at 7439.

Looking for a tailor. Call 7439 and ask for Ray or Janice.

## EMPLOYMENT

Full-time position for HAZMAT Pharmacy Warehouse Worker. All applicants apply at Paper Clips Etc. POC - Branson Taylor at 4603.

The following are job vacancies currently open through the Human Resource Division. FMI, call 4822 or 4430.

**Open Continuous Vacancies:** Firefighter, 1<sup>st</sup> cutoff 11/20/02, closes 11/06/03 - Open to permanent, full-time Jamaican Foreign National employees who were recruited and are employed by MWR, NEX, Naval Station and



## Welcome Aboard!

**Kyle Kenneth Looney**  
**Born: Jan. 3, 2003**  
**8lbs ; 21"**  
**to Teona and Aubrey Looney**

**Dominic Alexander England**  
**Born: Jan. 7, 2003**  
**6lbs 12oz ; 20 1/2"**  
**to Carmela and Travis England**




**Cydney Dariana Wofford**  
**Born: Dec. 28, 2002**  
**7lbs 7oz ; 20"**  
**to Martha Wofford**



Tenant Commands serviced by the Naval Station HRO and Jamaican Foreign National contractor employees.

## SERVICES

Math Tutor: Elementary, high school and college math. Email math652002@yahoo.com.

Need a night to yourself, or just want to go out. Certified and experienced baby-sitter. Call Amanda at 7892.

Need help around the house? Call Chaz at 7466. Prices negotiable.

Red Cross certified baby sitter. Experienced, responsible. Call 7976, ask for Jessica.

Experienced baby-sitter of 5 years! Call Mariah at 7466.

Red Cross Certified baby-sitter available. Call Melissa at 5418.

Red Cross certified and experienced. Need a baby-sitter call CJ at 5418.

## LOST & FOUND

Watch found at Golf Course in Golf Cart on Dec. 15th around 11:00am. Please contact Tamara Robichaux at (H) 3431 or (WK) 4125 x 210.

Found - Men's wedding ring found in the parking lot of McDonalds.

Please contact Judy Ortiz at 3500 or 5518.

## PETS

"Sunny" needs a home! Beautiful orange with white markings, 1 yr. old male. Gentle but needs TLC. Shots & neutering will be paid for. Call Vet's Office @ 2101 or Jan @ 2650.

The Vet Clinic has 3 kittens for adoption, 2 males, 1 female. They are approximately 10 weeks old. The adoption fee is \$65. Contact the clinic during normal business hours M-F 0830-1600 @ 2101 or 2212.

Free to a good home, a two year old GTMO cat. House broken and comes with toys, bed, and litter box. We are moving and can't take our GTMO cat with us. Please come and see your new gtmo cat. Call 5855.

## PERSONALS

Interested in joining an investment club? FMI, call Ronald at 7826.

New to the island, loves to play BUNCO Call 5587.

New to the island, loves to rubberstamp, has lots of ideas to share, willing to teach. Call 5587.

## YARD SALE

Moving sale Saturday 11 Jan, CB 1159 0700-0900. Carpets, BBQ grill, yard tools, patio furniture, stereo, misc. items. Call Rob at home 7330.

Saturday, Jan. 11 - CC30A. We're moving. Everything must go!

## ANNOUNCEMENTS

Attention Guantanamo Bay. Effective immediately the following telephone numbers are changed: 910 telephone/ internet trouble desk is changing to 2222, 914 base information is changing to 2000, 916 morale line is changing to 2800.

Cuban American Friendship Day Items On Sale!!! T-shirts, muscle shirts, jerseys, sweat shirts and caps. Adult sizes and children's sizes available. Cookbooks also available containing authentic Cuban cuisine recipes provided by the Cuban exiles in the GTMO community. They make great gifts! Items will be on sale at the next atrium on the 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> of January from 9am until 7pm. We'll see you there!

Red Cross Orientation - Monday, January 13 at the Fleet and Family Support Center Training Room at 6:30pm. All current and future ARC volunteers welcome to attend. For more information call 5060.



## THE LORD OF THE RINGS: THE TWO TOWERS



Science Fiction/  
Fantasy

2 hrs. 59 min.

*Starring:*

*Elijah Wood,  
Sean Astin,  
Viggo Mortensen,  
Ian McKellen,  
Christopher Lee*

The Hobbits, Frodo and Sam, brave terrible dangers in an attempt to have the evil ring destroyed.

## HARRY POTTER & THE CHAMBER OF SECRETS

Action/Adventure  
2 hrs. 41 min.

*Starring:*

*Daniel Radcliffe,  
Kenneth Branagh,  
John Cleese,  
Rupert Grint,  
David Bradley*



Harry Potter and his friends Ron and Hermione face new challenges during their second year at Hogwarts School of Witchcraft and Wizardry as they discover a dark force is terrorizing the school.

## THE RING



Horror

1 hr. 55 min.

*Starring:*

*Naomi Watts,  
Martin Henderson,  
Brian Cox,  
Shannon Cochran,  
Lindsay Frost*

It sounded like just another urban legend videotape filled with nightmarish images, leading to a phone call foretelling the viewer's death in exactly seven days. As a newspaper reporter, is skeptical of the story, until four teenagers all met with mysterious deaths exactly one week after watching just such a tape. Allowing her investigative curiosity to get the better of her, Rachel tracks down the video... and watches it. Now she has just seven days to unravel the mystery of the ring.

# Movies

## FRIDAY, JAN 10

7pm The Ring  
PG13 - 99min

9pm Abandon  
PG13- 99min

## SATURDAY, JAN 11

7pm Brown Sugar  
PG13 - 108min

9pm Ghost Ship  
R - 91min

## SUNDAY, JAN 12

7pm Harry Potter & the  
Chamber of Secrets  
PG - 179min

## MONDAY, JAN 13

7pm Maid in Manhattan  
PG13 - 106min

## TUESDAY, JAN 14

7pm Lord of the Rings:  
The Two Towers  
PG13 - 179min

## WEDNESDAY, JAN 15

7pm Punch Drunk Love  
R - 87min

## THURSDAY, JAN 16

7pm I Spy  
PG13 - 102min



**What's  
Happening...**

### Liberty Center

Night Fishing

January 10

FMI call 2010

### Winter League Bowling

Call 2118 to register a team for  
the Winter League

### Liberty Center Bowling Party

January 11

6:30pm at the Bowling Center

FMI call 2010

### Youth Basketball

Season begins January 25th

Registration is Jan 4th - Jan 8th

The clinic will be held

Jan 9th, 10th, 11th

5pm to 6pm for 7 - 9 year olds

6pm to 7pm for 10 - 18 year olds

\$25.00 per child

FMI call 2193

### Needed: Basketball Officials and Scorekeepers

For Adult Basketball Games

FMI call 2193

### Captain's Cup Men's and Women's Basketball League

Coaches Meeting January 10th

2pm at the Gym

Rosters are due no later than

January 9th. League begins

January 20th.

FMI Call 2193

### All Parents, Community Members and Volunteers

Are needed to be a Basketball Coach or  
Basketball Official for Youth

Basketball League.

FMI Call 2193

### Parent's Night Out

January 18th 5:30pm to 12:30am

A reservation fee of \$2.50 is due by  
January 15th to hold a spot for your  
child(ren). An additional fee of \$1.50 is  
due for each additional child. The

reservation fee is non-refundable. One  
hour-\$2.50, two hours-\$5.00 and three  
or more hours-\$12.00

For more information on any of the events  
listed above, call 5225.